



FRIENDS and NEIGHBORS™

The Helping Game

Ages 3+
1-4 Players
10 Minutes

Instructions

Includes:



Parent Guide



4 Game Boards



1 Stop Sign



14 Tokens



1 Helping Bag



Friends and Neighbors book

Imagine you are going for a walk in your neighborhood. Along the way you encounter friends and neighbors who need a little help. Some are sad, others are mad, or scared, or frustrated. Can you tell what each one is feeling? You can help by reaching into The Helping Bag to find just what each needs to feel better.

Object

Friends and Neighbors is a matching game. The object of the game is to complete 1 game board with 9 matching tokens before there are 5 red tokens on the Stop Sign.

Set up

- Place the 14 tokens in The Helping Bag.
- Choose 1 game board and place it where all players can reach it. All players will play 1 board as a single team.
- Set out the Stop Sign near the game board.
- The youngest player goes first.

What are empathy and compassion?

Empathy is the ability to sense other people's emotions, coupled with the ability to imagine how someone else might be feeling or thinking. **Compassion** is the feeling that arises when you are confronted with another's suffering and feel motivated to relieve that suffering. While having empathy doesn't necessarily mean you'll want to help someone in need, it is often a vital first step toward compassionate action.

How does playing this game encourage a child to feel empathic?

Friends and Neighbors is a game that can be used to encourage your child to be both empathic and compassionate. Each friend and neighbor pictured on the game board is expressing an emotion – sadness, frustration, anger, or fear. In playing the game and talking about the feelings and needs of the characters, we are helping our children recognize feelings in others and then make the choice to act compassionately.

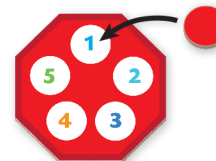
Friends and Neighbors is a great game to play with one child. It allows you and your child to talk about the feelings of the characters, why they might be feeling that way, and how your child might be able to help.

How to Play

1. Reach your hand into The Helping Bag and pull out 1 token. Look at the picture on the token. Is it an item that could help a friend or neighbor on the game board?
2. If you have a match, place the token ITEM-SIDE UP on its match on the board. Then read the start of the poem in the game board square and the end of the poem on the token. Do this every time you find a match.

If you do not have a match, place the token red-side up on the Stop Sign.

3. It is now the next player's turn.



When you make a match, take a minute to look at how the person or animal is feeling and talk about it with your child. You can ask her to try to identify the emotion and how the item on the token might help.

Game End

Play continues until the game board has 9 matching tokens or you place the fifth token on the Stop Sign. If you helped all your friends and neighbors, you win! If you fill the Stop Sign before you have 9 matching tokens on the game board, then stop. Pick a new game board, fill The Helping Bag with tokens and take another walk through your neighborhood!

Each match has a resolution that is illustrated in the Friends and Neighbors book included in this game. Read it with your child to see what happens when you act compassionately.



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WARNING:
CHOKING HAZARD—Small parts.
Not for children under 3 years.

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Illustrations © 2015 Beatrice Tinarelli.
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